

SERVED DAILY FROM 7:30AM-3:00PM



BURRITOS, BOWLS, OMELETS

BRONX BOMBER BURRITO.....\$14.95

Bacon, ham, sausage, cheese & scrambled eggs* stuffed into a burrito and smotherd in queso. Your choice of side

POWERHOUSE BOWL.....\$14.95

Turkey sausage, spinach, avocado, sweet potatoes, red pepper aioli & egg whites* served over a base of home fries or grits

SOUTHWESTERN BOWL.....\$14.95

Chorizo, green peppers, jalapeños, cilantro, cheese, sour cream, guacamole & eggs* served over a base of home fries or grits

BY THE SEA OMELET......\$16.95

Crab meat, shrimp, bacon, Swiss cheese and eggs* stuffed into an omelet shell. Your choice of side



BREAKFAST CLASSICS

ALL-AMERICAN.....\$14.95

Two pancakes of your choice: buttermilk, chocolate chip, blueberry or cin-a-bun. Served with bacon, two eggs* and your choice of side

AVOCADO TOAST......\$13.95

Crispy croissant with a guacamole spread. Topped with two eggs*, red pepper aioli, arugula & freshly grated parmesan. Served with sliced avocado

CHICKEN & WAFFLES......\$14.95

Belgian waffle topped with two fried chicken breasts

BISCUITS & GRAVY BOWL.....\$12.95

Two biscuits smothered in sausage gravy and topped with bacon & two eggs*

ASK ABOUT OUR GLUTEN-FRIENDLY OPTION FEATURING JP'S PASTRY BISCUITS!

NUTELLA FRENCH TOAST.....\$10.95

Texas toast dipped in French toast batter, grilled and topped with Nutella sauce, strawberries and powdered sugar

CLASSIC BREAKFAST......\$11.95

Two eggs* with your choice of breakfast meat, one piece of toast and your choice of side

Vital FARMS.

BRUNCHES PROUDLY USES ONLY THE BEST QUALITY EGGS STRAIGHT FROM VITAL FARMS

BREAKFAST FAVS

CHICKEN BISCUIT SUPREME......\$14.95

Open faced biscuit topped with two fried chicken breasts, eggs* and sausage gravy

NOTORIOUS BLT.....\$11.95

Bacon mayo, bacon jam, bacon, lettuce, fried green tomatoes & an egg* sandwiched between your choice of toast and served with a side

BREAKFAST TACOS.....\$13.95

Two tacos filled with bacon, egg* & cheese.
Topped with guacamole & pico. Your choice of side

CAROLINA SUNRISE......\$14.95

Open faced biscuit topped with hot honey fried chicken, pimento cheese, pepper relish & two eggs*

SHRIMP & GRITS......\$16.95

Grilled shrimp served over buttery grits and topped with a house made lobster cream sauce

BENEDICTS

CLASSIC BENNY......\$12.95

Open faced English muffin topped with Canadian bacon, eggs* & hollaindaise. Served with your choice of side

CRAB CAKE BENNY.......\$15.95

Open faced English muffin topped with our house made crab cakes, eggs* & hollandaise. Served with your choice of side

SIDE OPTIONS

STANDARD | PREMIUM

GRITS

TOAST

HOME FRIES FRENCH FRIES

FRUIT CUP
MAC & CHEESE
BREAKFAST MEAT

LOADED GRITS OR HOME FRIES

LOADED = CHEESE, BACON, FRIED JALAPEÑOS

A 1.5% convenience fee will be applied to all non-cash transactions

BARY BIRD SPECIAL

MONDAY-FRIDAY 7:30AM-9:00AM 20% OFF ALL FOOD ITEMS













LUNCH CLASSICS

HIBACHI BOWL

Sautéed onions, mushrooms and zucchini Served with awesome sauce (extra +\$0.50)

PROTEIN Chicken or veggie \$14.95 Rice Shrimp or steak* \$16.95 Teriyaki noodles Combo \$18.95

Both +\$1.50

BUFFALO CHICKEN

MAC & CHEESE.....\$13.95

Traditional mac-n-cheese bowl topped with fried chicken bites tossed in buffalo & drizzled with ranch

CHICKEN BACON RANCH QUESADILLA.....\$12.95

Flour tortilla filled with diced grilled chicken, bacon bits, spicy ranch and melted cheese. Topped with a spicy ranch drizzle

CHICKEN TENDERS......\$13.95

Eight hand breaded crispy chicken tenders served with fries and your choice of sauce Extra sauce +\$0.50

HANDHELDS

CLASSIC BURGER*.....

American cheese, lettuce, tomato, onion, pickles and burger sauce. Served with fries

COWBOY BURGER*......\$13.95 Cheddar cheese, lettuce, tomato, bacon, BBQ sauce and crispy onion straws. Served with fries

BRUNCHES BANGIN' TACOS......\$12.95

Two flour tortillas stuffed with your choice of fried chicken or shrimp tossed in a creamy chipotle sauce, cabbage & pico. Served with chips & salsa

NASHVILLE CHICKEN SANDWICH......\$14.95

Hand-breaded chicken breast tossed in a spicy nashville sauce and topped with slaw & pickles. Served on white toast with a side of fries

TEXAS TOAST, WHEAT, BRIOCHE BUN, **GLUTEN-FREE BUN, ENGLISH MUFFIN, WRAP**



WOIR HEALEN brunch harder

SALADS

CAESAR SALAD.....\$13.95

Chopped romaine tossed in caesar dressing with parmesan cheese and croutons. Served with your choice of protein

Romaine & mixed greens topped with fresh strawberries & blueberries, mandarin oranges, candied pecans* & gorgonzola. Served with lemon vinaigrette and your choice of protein

PRE-WORKOUT BOWL.....\$12.95

Two whole eggs*, two egg whites* and cottage cheese scrambled together and served over a base of home fries. Topped with grilled chicken and avocado slices

RECHARGE BOWL.....\$12.95

A base of sweet potatoes topped with grilled chicken & shrimp, spinach, avocado sličes and a house made peanut sauce*

A 1.5% convenience fee will be applied to all non-cash transactions

* Consumer Advisory: These items may be cooked to order and consumption of under cooked meat, poultry, eggs or seasfood may increase the risk of food-borne illnesses, especially if you have certain medical conditions, are elderly or in young children. Menu items may contain or come into contact with wheat, eggs, nuts and milk